

FOOD
SAFETY

MYTHBUSTERS



MYTH: It's safe to thaw my frozen food on the kitchen counter because I'm going to cook it right away.



FACT: Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.



1



2



3



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ADSS Nutrition Team, Spring FY23